

# BIOTERRORISM PREPAREDNESS

City of Long Beach  
Department of Health and Human Services



## BIOTERRORISM PREPAREDNESS PROGRAM

This brochure is designed for Long Beach residents to help answer questions you may have about terrorist attacks with a focus on biological, chemical and radiological attacks.

# AND RESPONSE

# IS LONG BEACH PREPARED?



The Long Beach Department of Health and Human Services (LBDHHS), has been developing our Emergency Response plans prior to 9/11, in an effort to make the city safer. We've developed comprehensive emergency response plans in case of any terrorist event or natural disaster. Our emergency response plans bring together many agencies, including law enforcement, health and fire departments, local hospitals, and other local and county agencies. We recognize a terrorist event may come in the form of a biological, chemical or radiological attack. Therefore, practice drills and exercises are conducted on a regular basis.

## **How prepared is Long Beach for a biological, chemical or radiological terrorist attack?**

The LBDHHS has developed systems for rapid detection and investigation of disease outbreaks that could be the first indication of a biological attack. Early detection of illness and BT agents allow more rapid protection to unexposed population and more specific and effective treatment for those who have contracted the disease. We are training all LBDHHS staff as well as local hospital staff to recognize early signs and symptoms of biological agents and have frequent training exercises with Police and Fire Departments to enhance our coordination and roles in an emergency event.

## **How will I know when a terrorist attack has occurred and what should I do to protect my family and myself?**

A bioterrorist attack is likely to be hidden – you will know you have been attacked only when people begin to get sick and seek medical attention. It is likely that you will realize a bioterrorist attack has occurred when doctors and nurses diagnose the first victims of such an attack. Protecting yourself and your family in the event of bioterrorism will require that you listen for information and advice from medical and public health authorities. These are experts who deal with infectious diseases everyday.



# CREATE A PLAN



## **What information will I need to know if a Bioterrorist event takes place locally?**

Keep in mind to always be aware of your surroundings. Pay attention to the following: Where have you been recently? Did you notice anything or anyone that was suspicious or looked out of place? Have you experienced any unusual illness symptoms recently? Did you notice any foul or strange odors? These are just a few of the questions you may be asked by medical professionals as well as Public Health and Law Enforcement Officials, to assist us in helping you.

## **Should I buy gas masks for my family and myself?**

No! The LBDHHS and CDC do not recommend that citizens purchase gas masks. A gas mask would only protect you if you were wearing it at the exact moment

of a bioterrorist attack. Gas masks require proper fitting and regular maintenance to be effective and remember they will not protect you against a biological event.

## **Should I have my own supply of antibiotics in case there is a bioterrorist attack?**

No! There are a number of different germs a bioterrorist might use to carry out an attack. Using antibiotics at the wrong time or in the wrong way can lead to harmful side effects (especially for pregnant women and children) and can make bacteria and other organisms resistant to antibiotics. In the event of an emergency there will be emergency supplies of antibiotics and antidotes available to the public.

## Should I put together an emergency family plan and supply kit?

Yes! You can prepare for a terrorist incident much like preparing for an earthquake or other disaster. Three of the most essential parts to an emergency plan are:

- 1) Establish a way to identify the status and whereabouts of each family member.
- 2) Make sure to have an additional emergency kit in the trunk of your car.
- 3) Have your list of important telephone numbers, including your physician's number.

## Be Prepared

Develop a disaster plan for your family, to include: A telephone number of a relative or friend out of state, for all family members to call should you be separated.

Make sure each family member has the contact's work and home telephone numbers and e-mail address, in case phone calls can't get through.

Establish a family meeting place in another area of the city (or neighboring city) in case you have to evacuate.

Learn Basic First Aid & CPR (Classes offered at your local Red Cross).

Know where fire exits and fire extinguishers are, at home, work, or when traveling, and practice emergency evacuation procedures with your family.

Know the emergency procedures at your child's school. Be sure to give your caregiver (or a family member) appropriate authorization to pick up your children if you are unable to do so.



Assemble a disaster supply kit, with items you may need in an emergency.

Store these supplies in sturdy, easy-to-carry containers such as backpacks, duffel bags or covered trash containers. Place these items in the room you have selected should you need to shelter-in-place.

# IF AN EMERGENCY OCCURS



## Include:

- ✓ A three-day supply of water (one gallon per person, per day) and food that will not spoil. Include a can opener for canned goods.
- ✓ One change of clothing and footwear per person, and one blanket or sleeping bag per person.
- ✓ A first aid kit that includes your family's prescription medications.
- ✓ Emergency tools including a shut-off wrench, pliers, screwdriver, battery-powered radio, flashlight and plenty of extra batteries.
- ✓ An extra set of car keys and a credit card, cash or traveler's checks.
- ✓ Sanitation supplies.

- ✓ Special items for infant, elderly or disabled family members.
- ✓ An extra pair of prescription glasses.
- ✓ Store important family documents in a waterproof container.
- ✓ Keep a smaller kit in the trunk of your car.
- ✓ Clean clothes in plastic bag, in case there is a need to decontaminate.

For hands on emergency preparedness training, The Community Emergency Response Team (CERT), is a Long Beach Fire Department program that trains citizens on how to respond in emergency situations. Find out how to participate by calling **(562) 570-2525**.



## If An Emergency Occurs

In the event of a public health emergency, local and state health departments will inform the public about the actions individuals need to take.

- ♦ Stay calm and don't panic
- ♦ Follow your emergency plan. Check for and treat injuries. (First Aid tips are in the white pages of your telephone book.)
- ♦ Check for damage, fires, gas leaks, and other hazards using a flashlight. Don't light matches or candles. Don't turn on electrical switches, sparks could cause an explosion.
- ♦ Check on your neighbors. E-mail or call your family contact.
- ♦ Stay informed by listening to a battery-powered radio, and follow instructions

issued by authorities.

Don't call 911 unless you have a life and death emergency. If you need assistance please use the following numbers:

**Police (562) 435-6711,  
Fire (562) 436-8211**

## Evacuating/Shelter-in-Place

If an emergency involves the release of large amounts of radioactive materials, residents may be advised to "shelter in place," which means to stay in your home or office: or you may be advised to "evacuate," move to another location.

- ♦ If you are advised to evacuate, follow the directions that local officials provide. Leave the area as quickly and orderly as possible. From work, use the stairs and stay to the right to leave a clear path for firefighters and other emergency personnel.



# COMMUNICATION



If you evacuate from home, put on sturdy shoes to protect your feet from debris. Take your pets with you to your prearranged meeting place. (Pets are not allowed in public shelters)

- ♦ If you are instructed to “shelter-in-place,” stay indoors, close windows and doors, and turn off fans, air conditioning and forced air heating systems that bring in

air from the outside. If possible, bring pets inside. Keep your radio tuned to the emergency response network or local news to find out what actions to take next. Do not leave your sheltered location until instructed to do so.

## Decontamination

If a chemical or radiation event occurs residents may be advised to “decontaminate,” which means to cleanse and disinfect.

- ♦ If you are exposed to chemicals, during a bioterrorism attack, you will need to decontaminate yourself, by washing off all chemicals. This can be simply done by removing your contaminated clothing and gently rinsing your body, from head to toe, with cool water and using mild bar or liquid soap. To avoid further contamination do not remove clothing by pull them over your head. After removing contaminated

clothing place them in a plastic trash bag seal tightly.

## Communication Before, During and After a Bioterrorism Event

To better communicate with the public during a life-threatening emergency, the following methods will be used:

### Hotlines:

Long Beach Department of Health and Human Services Information Line, **(562) 570-4499**, provides up to date information on communicable disease activities and other Public Health Emergencies.

City Emergency Info Line **(562) 570-5252**, will feature recorded Long Beach-related information, and will be updated periodically during a major emergency.



Long Beach Police Information Line, **(562) 570-5566**, provides recorded information on the latest terrorist threats. The information can also be found on the Police Department's website at [www.long-beachpd.org](http://www.long-beachpd.org). Anyone with information regarding suspicious or possible terrorist activity can call the Police Department's Terrorism Information Line: **(562) 570-5593**.

### **Television:**

HTTV (HomeTown Television-Channel 8 on Charter Communications Cable Network) will be one source of information during a major emergency, carrying live local press conferences and updated information. Charter Television, which provides cable network service to Long Beach, will post Long Beach-related information across the bottom of the screen on channel 3.

### **Radio:**

KKJZ Radio 88.1 FM will provide Long Beach-related information as it becomes available and verified.

Radio Stations KFWB-AM 980, KNX-AM 1070, and KFI-AM 640 will provide area-wide information during emergencies. Remember to have a battery-operated radio available at all times in case there is no electricity.

### **Websites:**

City's Website ([www.longbeach.gov](http://www.longbeach.gov)) will provide emergency information as soon as it is gathered and verified.

### **Important Phone Numbers to Remember:**

LB Police Department (562) 435-6711  
LB Police Information Line (562) 570-5566  
LB Police Department's Terrorism Information Line (562) 507-5593

LB Fire Department  
(562) 436-8211

LB Department of Health and Human Services Information Line (562) 570-4499

Community Emergency Response Team (CERT) (562) 570-2525

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**Your family may not be together when a disaster strikes, so plan how you will contact one another and review what you will do in different situations.**

Out-of-Town  
Contact Name

Telephone Number

Email

Alternate Telephone Number

**Fill out the following information for each family member and keep it up to date.**

Name

Physicians Name

Date of Birth

Telephone Number

Social Security Number

Important Medical Information

Name

Physicians Name

Date of Birth

Telephone Number

Social Security Number

Important Medical Information

Name

Physicians Name

Date of Birth

Telephone Number

Social Security Number

Important Medical Information

Name

Physicians Name

Date of Birth

Telephone Number

Social Security Number

Important Medical Information

Name

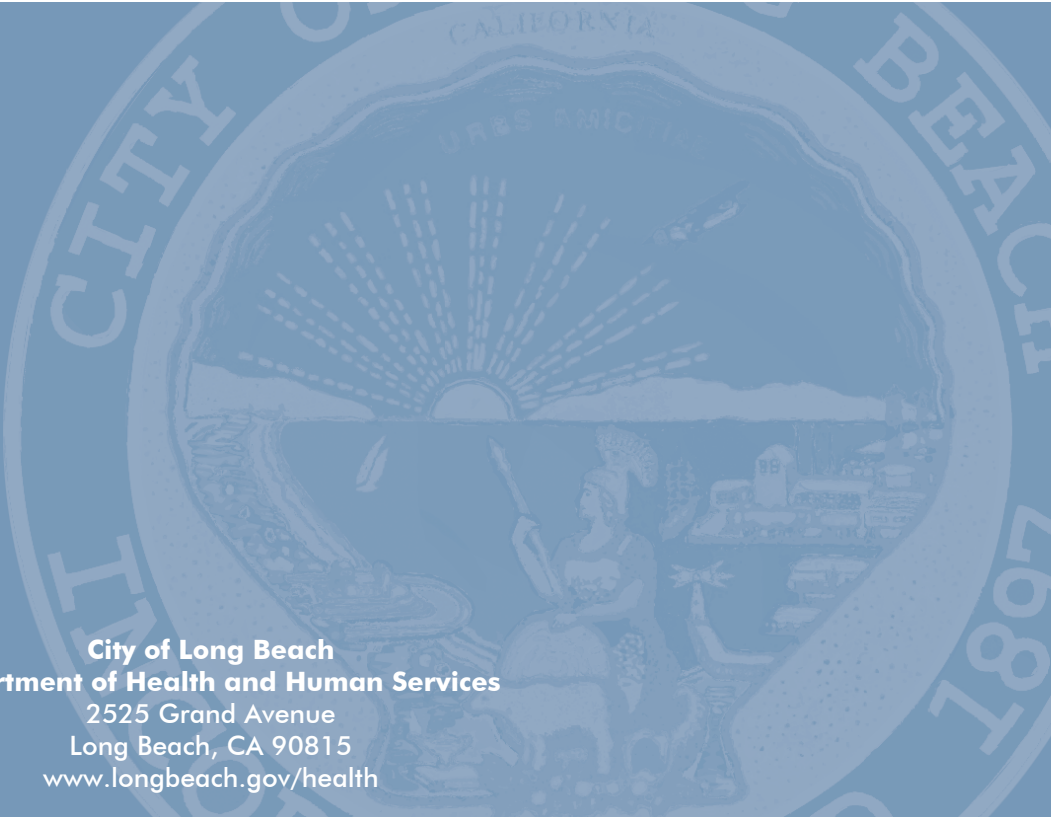
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Important Medical Information



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